

STARTERS

LOCAL FRIED CHICKEN (LFC) 13 ½
Southern-style crispy chicken with hot honey & pickle slices

CRISPY CALAMARI 13 ¾
Red peppers, jalapeños & red onion with tzatziki & tomato sauce

NACHOS 19
House-made tortilla chips, spiced ground beef, melted cheese two ways, pico de gallo, jalapeños & pickled onion with a sour cream x yogurt drizzle | **Add Guac +5 ¼**

LE FOU ROSÉ 1 ¾
A 1 oz shot of a light & easy rosé to start things off right

PINCHE BEEF TACOS 10
Three slow-cooked beef tacos, shredded cabbage, feta & cilantro

CHEESE PEROGIES 9 ¼
Potato & cheddar cheese filled, bacon & caramelized onions

SZECHUAN EDAMAME 7 ¼
Garlic chili sauce, toasted sesame & soy sauce

HOT WINGS 13 ½
With blue cheese dip | **Add Celery +1**

YAM FRIES 9
With truffle lemon mayo

FRESH TORTILLA CHIPS & SALSA ROJA 7

HAND-MADE GUACAMOLE & CHIPS 8 ¼

NOT JUST SALADS

THAI NOODLE SALAD 18 ½
Grilled chicken, peanut sauce, cabbage, bean sprouts, cilantro & mint with coconut lime dressing

HARVEST SALAD 18
Fresh greens, grilled chicken, avocado, celery, roasted beets, apple, cheddar & candied sunflower seeds with apple cider vinaigrette
Sub Seared Rare Ahi Tuna +2

TACO SALAD 17 ¼
Spiced ground beef, refried black beans, charred corn, avocado, aged cheddar, salsa & sour cream on iceberg lettuce

#1 AHI TUNA POKE RICE BOWL 19 ¾
Roasted garlic ginger soy, crispy Korean tofu, avocado, kale & smashed cucumbers on rice

PRESS BURGERS

HAND-PRESSED PATTIES, BUTTER TOASTED BUNS, PREMIUM GROCERIES WITH FRIES.

HOLD THE FRIES | SUB SALAD +1 ¼ YAM FRIES +2 ¼

THE LOCAL BURGER 16 ½
Two grilled patties, melted American cheese, caramelized onions, tomato, shredded lettuce & secret house sauce

DELUXE BURGER 18 ¼
Smoked bacon & aged cheddar the classic way

THE DIABLO 17 ¼
Cheddar, jack cheese, hot sauce, pickled jalapeños & onions

BROOKLYN BURGER 18 ¼
Aged cheddar, red pepper relish & crispy onion rings

ADD A LIL' EXTRA

+2 ¼ **AGED CHEDDAR**

+3 ¼ **BACON / 'SHROOMS**

N/C **GRIDDLED ONIONS / EXTRA PICKLES / PROTEIN STYLE**

SANDWICHES & HANDHELDS

BLACKENED TUNA CLUB 18 ½
Blackened Ahi, smoked bacon, arugula & pickled ginger tartar sauce on a toasted Portuguese bun with fries

LE FOU ROSÉ 10
A 6 oz glass of rosé is the perfect handheld option, solo or with fries

THE REUBEN 18
A classic Reuben with mustard, a crunchy slaw twist, pickle spear & fries

MEXICAN FISH TACOS 16 ¼
Beer battered fish, garlic aioli & pico de gallo with fries
Add a Taco +6

THAT CRISPY CHICKEN SANDWICH 17 ½
Toasted Portuguese bun, coleslaw & house BBQ mustard sauce with fries

HOUSE-MADE VEGGIE BURGER 16 ½
Brown rice, arugula, almonds & melted Swiss cheese with fries

HOLD THE FRIES | SUB SALAD +1 ¼ YAM FRIES +2 ¼

MAINS

STEAK & FRIES 25 ½
Grilled 7 oz sirloin, dijon peppercorn sauce, crispy sea salt fries

FRIED CHICKEN RAMEN 18
Southern fried chicken, miso sesame broth, charred corn, snap peas, topped with a soft-boiled egg

MALAYSIAN CURRY RICE BOWL 18 ½
Grilled chicken, coconut curry & cilantro scallion slaw

HUEVOS RANCHEROS 16 ¼
Fresh corn tortillas, eggs, cheddar & jack cheese, black beans & salsa roja

DESSERT

CINNAMON SUGAR DONUTS 6 ¼
Four warm donut balls rolled in cinnamon sugar, served on hazelnut chocolate sauce

BRUNCH

Available Sat, Sun & Holidays - 10am-3pm

	1oz Shot	6oz	Bottle
LE FOU ROSÉ When I sip, you sip, we sip rosé	1 ¾	10	30
MIMOSA (4oz) Choose your juice - OJ, grapefruit, pineapple or guava		8 ½	
CINZ CITY (Low ABV - 1.75oz) Cinzano, Campari, grapefruit juice & berries		9 ½	
START ME UP (2oz) Baileys, Kahlua, vodka & coffee on ice		10	

ADD AN EXTRA FREE RUN EGG TO ANY ITEM +2 ¼

BELGIAN WAFFLES 12 ½
Mixed berry compote, dusted with powdered sugar & topped with vanilla whipped cream

BREAKFAST SANDWICH 14 ¾
Smoked bacon, fried egg, American cheese, avocado & tomato with brunch potatoes

BRAISED BEEF & BACON HASH 14 ¾
Fried egg, braised beef, red skin potatoes, bacon, caramelized onions & Mama Lil's Peppers

HUEVOS RANCHEROS 16 ¼
Fresh corn tortillas, eggs, cheddar & jack cheese, black beans & salsa roja

EGGS BENEDICT 14 ¾
Poached eggs, back bacon & hollandaise with brunch potatoes

HIPPIE TOAST WITH EGGS 16 ½
Poached eggs & avocado on grilled sesame molasses bread with brunch potatoes



EVERYDAY ROSÉ BUFFET

A real rosé steal, seven days of the week

LE FOU ROSÉ

1oz SHOT	1 ¾
6oz GLASS	10
BOTTLE	30

MONDAY

STRANGE FELLOWS 'BLACKMAIL' STOUT SLEEVE 5 ¼

TUESDAY

33 ACRES OF SUNSHINE SLEEVE 5 ¼

WEDNESDAY

PARKSIDE 'MOTEL' HAZY PALE ALE SLEEVE 5 ½

THURSDAY

CENTRAL CITY 'BEER LEAGUE' LAGER SLEEVE 5 ¼
TRASH BUCKET (3 CANS) 13

FINALLY FRIDAY

PARALLEL 49 CRAFT LAGER SLEEVE 5 ¾
OLD FASHIONED 9
GARDEN SODA 8 ½

SWEET, SWEET SATURDAY

PARALLEL 49 CRAFT LAGER SLEEVE 5 ½
MIMOSA / PROSECCO 7 ½
GIN REFRESHER 8 ½

RECOVERY ROOM SUNDAY

CENTRAL CITY 'BEER LEAGUE' LAGER SLEEVE 5 ¼
MIMOSA / PROSECCO 7 ½
EL CAESAR 8 ½

WE'RE SOCIAL



@LOCALGastown

BEER - ON TAP

	 SLEEVE	 PINT
CENTRAL CITY 'BEER LEAGUE' LAGER Surrey, BC.....	6 ½	8 ½
PARALLEL 49 CRAFT LAGER Vancouver, BC.....	6 ¾	9 ¼
ROTATING LAGER Crispy, Freshville	See board	
33 ACRES OF SUNSHINE Vancouver, BC.....	6 ¾	9 ¼
ROTATING WHEAT OR TART Sassy, Refreshingtown	See board	
ROTATING MILD ALE Malty, Sweetland.....	See board	
PARKSIDE 'MOTEL' HAZY PALE ALE Port Moody, BC	7	9 ½
ROTATING PALE ALE Hops, Freshfield.....	See board	
SUPERFLUX 'HAPPYNESS' IPA Vancouver, BC.....	7 ½	10
ROTATING IPA Hoppy, Fullville.....	See board	
STRANGE FELLOWS 'BLACKMAIL' STOUT Vancouver, BC.....	6 ¾	9 ¼
BRODY'S PICK Summerland, BC	See board	

BEER - RARE TALL CANS

TWIN SAILS Port Moody, BC.....	MP
BOOMBOX Vancouver, BC.....	MP
COLLECTIVE ARTS Hamilton, ON	MP

NOT BEER

HEY Y'ALL HARD ICED TEA (355ml).....	6 ½
LONETREE CIDER (330ml)	7
LEFT FIELD CIDER (500ml).....	13
UNDERGROUND KOMBUCHA 'HIP HOPS' (Non-Alc, 355ml) ...	7

BUCKET SERVICE

TRASH BUCKET (PBR, Lucky Lager, Old Style Pilsner).....	14 ¼
CHEAP VACATION (3 x Coronas).....	19 ½

BEER - OFF TAP

Bottles and Cans

PABST BLUE RIBBON (355ml).....	5
LUCKY LAGER (355ml)	5
OLD STYLE PILSNER (355ml).....	5
BUD LIGHT (355ml).....	6
BUDWEISER (355ml).....	6
KOKANEE (355ml).....	6
STEAM WHISTLE (341ml).....	6 ¾
STELLA ARTOIS (330ml).....	6 ¾
CORONA (330ml).....	6 ¾
GLUTENBERG PALE ALE (473ml - Gluten Free).....	9 ½

SHOT COMBOS

SHOTGUN BLAST (Can of PBR + 1oz Jack Daniels).....	9 ¾
DEER & BEER (Can of Old Style Pilsner + 1oz Jager).....	9 ¾
LUCKY IRISH #&*K (Can of Lucky Lager + 1oz Jameson).....	9 ¾

COCKTAILS

CINZ CITY (Low ABV / 1.75oz)	9 ½
Cinzano, Campari, grapefruit juice & berries	
GARDEN SODA LO-CAL (Under 110 cal's / 2oz).....	10
Health, happiness & cucumber-basil-infused vodka	
ITALIAN MARGARITA (2oz)	10 ¾
Aperol, tequila, grapefruit & lime juice	
GIN REFRESHER (2oz)	10 ½
Gin, Campari, mint, lime	
EL CAESAR (2oz)	10 ½
Vodka, spicy Clamato, dressed up with a snack	
SMOKY SPRITZ (1oz)	11
Mezcal, mint, cucumber, lime juice & soda water	
OLD FASHIONED (2oz)	11
Bourbon, organic cane syrup, bitters	
LUCKY SOUR (2oz)	9 ¾
Bourbon, lemon, guava, organic cane syrup	
SPANISH SANGRIA (4oz).....	8 ¼
Red wine, fruit, sexy accent	
MOSCOW MULE (1oz).....	7
Vodka with a kick (Fever Tree ginger beer)	
PALOMA FRESCA (1oz).....	7
Tequila, grapefruit, refresco, lime	
CHEAPSKATE SPRITZ (4oz).....	6 ½
Vino, bubbly water, berries	
START ME UP (2oz).....	10
Baileys, Kahlua, vodka & coffee on ice	

WINE

Rosé Buffet

BECAUSE EVERY DAY DESERVES SOME ROSÉ

	1oz Shot	6oz	Bottle
Le Fou Rosé, Fr.....	1 ¾	10	30
Saint Sidoine Cotes de Provence Rosé, Fr.....			53

White

Synchromesh Riesling, BC.....	11 ½	46
The Hatch 'B Yanco' Pinot Blanc, BC.....	9 ¾	39
Seven Terraces Sauvignon Blanc, NZ.....	12	48
Wente 'Morning Fog' Chardonnay, Cal.....	13 ½	54

La Chablisienne Chablis, Fr	77
Tantalus 'Juveniles' Chardonnay, BC.....	54
Greywacke Sauvignon Blanc, NZ.....	60
Burrowing Owl Pinot Gris, BC.....	52
La Crema Chardonnay, Cal.....	68
Cakebread Chardonnay, Cal	99

Red

The Hatch 'Ross O' Pinot Noir+, BC	12	48
Cedar Creek Merlot, BC	10	40
Alamos Malbec, Ar	11	44
Louis Martini Cabernet Sauvignon, Cal.....	13 ½	54

Schug 'Carneros' Pinot Noir, Cal.....	78
Nichol Nine Mile Pinot Noir+, BC	48
Gabbiano Chianti Classico, It	50 ¾
Catena Malbec, Ar	59
Beringer 'Knights Valley' Cabernet Sauvignon, Cal.....	85
The Prisoner Napa Valley Zinfandel+, Cal.....	96

Bubbles

Freixenet Cava, Sp (200ml).....	12 ½
Zonin Prosecco, It.....	43 ½
Blue Mountain Brut, BC	62
Moët & Chandon Brut Champagne, Fr	119

Mystery Glass of Wine

Red or White (6oz)	6
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